



Diet for Diabetes (& pre-diabetes)

Diabetes is a disease in which the body does not produce or properly use insulin. Insulin is a hormone that is needed to convert sugar, starches or other foods into energy needed for daily life.

Diabetes can be classified as:

- Pre-diabetes (blood sugars higher than normal, but not quite high enough to classify with diabetes)
- Diabetes Type 1
- Diabetes Type 2
- Gestational (pregnancy) Diabetes

Based on several defining criteria. The recommendations for treatment are similar no matter what classification you have been diagnosed with. Treatment goals include maintain as near normal glucose (blood sugar) as possible, achieve optimal serum lipid levels, provide adequate calories, attain & maintain reasonable weight & prevent short and long term complications.

Foods are categorized based on the impact they have on the blood sugar. Carbohydrates (carbs), Proteins and Fats are the main sources of calories to our bodies and the right combination of all of them is needed for the healthiest diet for you. Carbohydrate foods have the biggest effect on blood sugar and it is important to pay attention to portions. Proteins and fats do not affect blood sugars greatly but it is recommended to maintain proper portions for heart health, weight management and overall health.

The following recommendations may help you keep your blood sugars in the healthier range:

1. Eat regularly-do not skip a meal.
2. Eat foods in controlled portion sizes.
3. Work to attain and then maintain the optimal weight for your age, frame and physical activity.
4. Include physical activity for at least 30 minutes most every day.
5. Consume a consistent amount of carbohydrates.
6. Limit concentrated sweet portion sizes to minimal serving size, like; pies, frosted cakes, pastry, rich desserts, sugar, honey, syrups, regular soft drinks,
7. Eat a well balanced diet that includes a variety of foods.
8. The foods listed below in the shaded boxes are foods that may contain mostly carbohydrates and special attention needs to be paid to consume controlled portions.
9. One Carbohydrate portion provides 15 grams of Carbohydrate. When reading labels look at total carbohydrate section. Most women need about 3-4 carbohydrate choices (45 to 60 grams of carbohydrate) at each meal. Men generally need about 4-5 (60 to 75 grams of carbohydrate). Snacks are okay, 1-2 carbohydrate choices (15-30 grams carbohydrate) are reasonable for snacks.

Nutrition Facts		
Serving Size 1cup (228g)		
Servings Per Container 2		
Amount Per Serving		
Calories 250 Calories from Fat 110		
%Daily Value*		
Total Fat	12g	18%
Saturated Fat	3g	15%
Cholesterol	30mg	10%
Sodium	470mg	20%
Total Carbohydrate	31g	10%
Dietary Fiber	0g	0%
Sugars	5g	
Protein	5g	
Vitamin A	4%	Vitamin C 2%
Calcium	20%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet.		

Sample label

Food Classification	Suggested Daily Servings	Recommended choices	Limit or Avoid
Milk And milk products	2-3	Milk (fresh, dried or evaporated), cream, yogurt, cheese and cottage cheese.	Limit high fat dairy. Milkshakes, eggnog, Chocolate milk, Control portion size.
Meats and protein alternatives	2 servings (2-3 oz portions)	Fresh or frozen meat, poultry and fish, canned meats (tuna and salmon), eggs, nuts, seeds, dry beans or peas. Most meat & poultry choices should be lean or very lean. Broil, roast, bake, or grill are preferred cooking methods for our meats.	Limit high fat, fried meats, breaded meats or large amounts of gravies. Beans also provide carbs so limit portions.
Vegetables	1-4 cups (4-6 servings)	Fresh, canned or frozen vegetables served in any form. 100% vegetable juices.	Limit fried, breaded, AuGratin or cream sauces on veg. Vegetable packed in sugar. Corn, peas, potatoes are high carb veg., limit portions.
Fruits	1-2 ½ cups (2-5 servings)	Fresh, frozen or canned fruits and 100% juices of all kinds.	Limit fruits with added sugar. Limit Avocados.
Grains and grain products	3-8	Use whole-grain or enriched breads, pasta, oatmeal, breakfast cereals, tortillas, grits, white, brown or wild rice, popcorn, cornbread, crackers, pretzels, buns, rolls, English muffins. It is recommended to use at least 3 servings of whole-grain cereals daily.	Go easy on high fat, high sugar breads, muffins, biscuits, etc.
Nuts, seeds, and beans	4-5 a week	All varieties of nuts, seeds and beans.	Beans are high in carbs and portions should be limited.
Fats and Oils	Use sparingly not generously 2-3 times a day	Margarine, butter, mayonnaise, butter, salad dressing, gravies, cream sauces, sour cream, bacon. Make most of your fats sources from fish, nuts & vegetable oils (Olive & canola esp.)	Added fats containing jams, jellies or other sugars. Limit portions.
Sweets	1 or <1 per day	All sweets and desserts in limited portions and amounts. Sugar substitutes can be used to decrease the overall carbs in many foods.	Limit high fat, high sugar choices.
Fluids	6-8 cups	Water and other fluids, such as fruit juice, vegetable juice, lemonade, or soups.	Limit portion sizes of carb containing beverages & fluids.
Free Choices	Unlimited for those containing no calories.	Unsweetened coffee, tea, diet pop & other sugar free drink mixes, sugar free Jello, sugar free candies, sugar free syrup, fat free dressings and most condiments & spices.	Limit to 3 servings per day if they contain some calories.
Seasonings/ Condiments/ Sauces	As desired	Encourage limited quantities of all that are high in salt for normal healthy diet.	Limit portions of high sugar condiments & sauces. Like jams & jellies, BBQ sauce.

Sources: 10th Edition Simplified Diet Manual, and Handouts from American Dietetic Association & Ready, Set, Start Counting Handout from the American Dietetic Association.